# 6 Week Study Schedule for

# USMLE Step 1

Follow this schedule as closely as you can however, should you feel the need to focus on your weaknesses, dedicate more time to those areas and focus less on your strengths.

| M | T | W | R | F | S | Su |
|---|---|---|---|---|---|---|
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| **Initial Assessment** Comprehensive Review | Continue Comprehensive Review | Finish Comprehensive Review | Begin Biochemistry | Continue Biochemistry | **Biochemistry Assessment** Begin Anatomy | Continue Anatomy |
| **8** | **9** | **10** | **11** | **12** | **13** | **14** |
| **Anatomy Assessment** Begin Embryology | Continue Embryology | **Embryology Assessment** Begin Neuroanatomy | Continue Neuroanatomy | **Neuroanatomy Assessment** **BREAK** | Begin Microbiology | Continue Microbiology |
| **15** | **16** | **17** | **18** | **19** | **20** | **21** |
| Continue Microbiology | **Microbiology Assessment** | Begin Immunology | Continue Immunology | **Immunology Assessment** Begin Biostatistics | Continue Biostatistics **Biostatistics Assessment** | Begin Behavioral Science |
| **22** | **23** | **24** | **25** | **26** | **27** | **28** |
| Continue Behavioral Science | **Behavioral Science Assessment** Begin Physiology | Continue Physiology | Continue Physiology | **Physiology Assessment** | **BREAK** | Begin Pathology |
| **29** | **30** | **31** | **32** | **33** | **34** | **35** |
| Continue Pathology | Continue Pathology | Continue Pathology | Continue Pathology | Continue Pathology | **Pathology Assessment** | **Pathology Assessment** |
| **36** | **37** | **38** | **39** | **40** | **41** | **42** |
| Begin Pharmacology | Continue Pharmacology | Continue Pharmacology | Continue Pharmacology | Continue Pharmacology | **Pharmacology Assessment** | **Pharmacology Assessment** |

# Day 1 - **Initial Assessment** & Comprehensive Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Understand the USMLE step 1** | Pages 1-37<br>http://www.usmle.org/step1/default.htm | First Aid for the USMLE Step 1, 2002<br>USMLE.org | **30 min**<br>**15 min** |
| **2** | **IMG's and special situation students** | Pages 39-65 | First Aid for the USMLE Step 1, 2002 | **30 min** |
| **3** | **Initial Assessment** | 150 Question Sample Test Material | NBME CD provided with USMLE registration packet OR Download from http://www.usmle.org | **3hrs** |
| **4** | **Begin Comprehensive Review** | Anatomy<br>Behavioral Sciences<br>Biochemistry | First Aid for the USMLE Step 1, 2002 | **4hrs** |
| | | | **TOTAL TIME** | **8hrs, 15min** |

USMLESTEP.COM
FREE MEDICAL BOOKS

# Day 2 – Continue Comprehensive Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Continue Comprehensive Review** | Microbiology<br>Physiology | First Aid for the USMLE Step 1, 2002 | **8hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 3 - Finish Comprehensive Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Finish Comprehensive Review** | Pathology<br>Pharmacology | First Aid for the USMLE Step 1, 2002 | **8hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 4 - Begin Biochemistry

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Proteins** | Chapter 1-4 | Lippincott's Illustrated Reviews - Biochemistry | **3hrs** |
| **2** | **Metabolism – Part 1** | Chapter 5-15 | Lippincott's Illustrated Reviews - Biochemistry | **5hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 5 – Continue Biochemistry

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Metabolism – Part 2** | Chapter 16-23 | Lippincott's Illustrated Reviews - Biochemistry | **4hrs** |
| **2** | **Metabolism – Part 3** | Chapter 24-28 | Lippincott's Illustrated Reviews - Biochemistry | **3hrs** |
| **2** | **Genetics** | Chapter 29-33 | Lippincott's Illustrated Reviews - Biochemistry | **2hrs** |
| | | | **TOTAL TIME** | **9hrs** |

**Please Note:** Due to the overwhelming amount of information presented in Biochemistry, we recommend the student concentrates on the illustrations and charts presented in this book, as time will not permit a complete cover-to-cover review.

# Day 6 – **Biochemistry Assessment** & Begin Anatomy Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Biochemistry Assessment** | ALL Biochemistry Questions | Qbank – Kaplan http://www.kaplan.com | **2hrs** |
| **2** | **Spinal Cord, Thorax, Abdomen, Pelvis** | Chapter 1-4 | High-Yield Gross Anatomy | **5hrs** |
| | | | **TOTAL TIME** | **7hrs** |

# Day 7 – Continue Anatomy Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Perineum, Upper limb, Lower limb, Head and Neck** | Chapter 5-8 | High-Yield Gross Anatomy | **6hrs** |
| | | | **TOTAL TIME** | **6hrs** |

# Day 8 – **Anatomy Assessment** & Begin Embryology

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Anatomy Assessment** | ALL Anatomy Questions | Qbank – Kaplan http://www.kaplan.com | **3hrs** |
| **2** | **Embryology Review** | Chapters 1-5 | High-Yield Embryology | **4hrs** |
| | | | **TOTAL TIME** | **7hrs** |

# Day 9 – Continue Embryology

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Embryology Review** | Chapters 5-end | High-Yield Embryology | **5hrs** |
| | | | **TOTAL TIME** | **5hrs** |

# Day 10 – **Embryology Assessment** & Begin Neuroanatomy

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Embryology Assessment** | ALL Embryology Questions | Qbank – Kaplan http://www.kaplan.com | **2hrs** |
| **2** | **Begin Neuroanatomy Review** | Chapters 1-5 | High-Yield Neuroanatomy | **5hrs** |
| | | | **TOTAL TIME** | **7hrs** |

# Day 11 – Continue Neuroanatomy Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Continue Neuroanatomy Review** | Chapter 6-end | High-Yield Neuroanatomy | **5hrs** |
| | | | **TOTAL TIME** | **6hrs** |

# Day 12 – **Neuroanatomy Assessment**

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Neuroanatomy Assessment** | ALL Neuroanatomy Questions | Qbank – Kaplan http://www.kaplan.com | **4hrs** |
| **2** | **BREAK** | | | |
| | | | **TOTAL TIME** | **4hrs** |

# Day 13 – Begin Microbiology

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| 1 | **Bacteriology:**<br>**Gram +**<br>**Gram –**<br>**Acid Fast**<br>**Mycobacterium** | Chapters 4-15 | Clinical Microbiology Made Ridiculous and Simple | **8hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 14 – Continue Microbiology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Antibacterial Medications** | Chapters 16-19<br>Pen's<br>Anti-ribosomals<br>Anti-TB<br>Others | Clinical Microbiology Made Ridiculous and Simple | **4hrs** |
| **2** | **Fungi and Anti-fungal Medications** | Chapters 20-21 | Clinical Microbiology Made Ridiculous and Simple | **2hrs** |
| **3** | **Begin Viruses** | Chapters 22-23<br>Replication and Taxonomy<br>Ortho and Para | Clinical Microbiology Made Ridiculous and Simple | **2hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 15 – Continue Microbiology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Continue Viruses** | Chapters 24-28<br>Hepato<br>Retro<br>Herpes<br>Other DNA<br>Other RNA | Clinical Microbiology Made Ridiculous and Simple | **4hrs** |
| **2** | **Antivirals** | Chapter 29 | Clinical Microbiology Made Ridiculous and Simple | **2hr** |
| **2** | **Parasites** | Chapters 30-31 | Clinical Microbiology Made Ridiculous and Simple | **2hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 16 – **Microbiology Assessment**

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Microbiology Assessment** | ALL Microbiology Questions | Qbank – Kaplan http://www.kaplan.com | **8hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 17 – Begin Immunology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| 1 | **Antigen**<br>**Antibody**<br>**Assays**<br>**Immunogenetics**<br>**Immune Response** | PP 6-32 | High-Yield Immunology | **4hrs** |
| 2 | **Immunology Overview** | PP 209- 217 | First Aid for the USMLE 1 | **2hrs** |
| | | | **TOTAL TIME** | **6hrs** |

# Day 18 – Continue Immunology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| 1 | **Inflammation**<br>**Hypersensitivity**<br>**Immunodeficiency**<br>**Autoimmune**<br>**Transplantation**<br>**Cancer**<br>**Immunization** | Pages 35-68 | High-Yield Immunology | **6hrs** |
| | | | **TOTAL TIME** | **6hrs** |

# Day 19 – **Immunology Assessment** & Begin Biostatistics

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Immunology Assessment** | ALL Immunology Questions | Qbank – Kaplan http://www.kaplan.com | **5hrs** |
| **2** | **Begin Biostatistics:**<br>**Descriptive**<br>**Inferential**<br>**Hypothesis** | Pages 1-47 | High-Yield Biostatistics | **3hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 20 – Continue Biostatistics Review & **Biostatistics Assessment**

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| 1 | **Continue Biostatistics:**<br>**Correlation Techniques**<br>**Research**<br>**Epidemiology**<br>**Medical Decision Making** | Pages 47-77 | High-Yield Biostatistics | **4hrs** |
| 2 | **Biostatics Assessment** | ALL Biostatistics Questions | Qbank – Kaplan<br>http://www.kaplan.com | **4hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 21 – Begin Behavioral Sciences Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Behavioral Sciences Review** | Chapters 1-13 | Board Review Series Behavioral Sciences | **8hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 22 – Continue Behavioral Sciences Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Behavioral Sciences Review** | Chapters 14-26 | Board Review Series Behavioral Sciences | **8hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 23 – **Behavioral Sciences Assessment** & Begin Physiology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Behavioral Sciences Assessment** | ALL Behavioral Sciences Questions | Qbank – Kaplan http://www.kaplan.com | **4hrs** |
| **2** | **Cell Physiology** | Chapter 1 | Board Review Series Physiology | **1hr 30min** |
| | | | **TOTAL TIME** | **5hrs 30min** |

# Day 24 – Continue Physiology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Neurophysiology** | Chapter 2 | Board Review Series Physiology | **2hrs** |
| **2** | **Cardiovascular Physiology** | Chapter 3 | Board Review Series Physiology | **2hrs** |
| **3** | **Respiratory System** | Chapter 4 | Board Review Series Physiology | **2hrs** |
| | | | **TOTAL TIME** | **6hrs** |

# Day 25 – Continue Physiology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Renal Physiology** | Chapter 5 | Board Review Series Physiology | **3hrs** |
| **2** | **Gastrointestinal Physiology** | Chapter 6 | Board Review Series Physiology | **2hrs** |
| **3** | **Endocrine System** | Chapter 7 | Board Review Series Physiology | **3hrs** |
| | | | **TOTAL TIME** | **7hrs** |

# Day 26 – **Physiology Assessment**

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Physiology Assessment** | ALL Physiology Questions | Qbank – Kaplan http://www.kaplan.com | **4hrs** |
| **2** | **Pathophysiology Assessment** | ALL PATHOphysiology Questions | Qbank – Kaplan http://www.kaplan.com | **4hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 27 – BREAK/Catch-up day

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| | **BREAK** | | | |
| | | | **TOTAL TIME** | **0hrs** |

# Day 28 – Begin Pathology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| 1 | **General Pathology** | | | |
| | ➢ **Cell Injury** | Chapter 1 | Robbins Pathologic Basis of Disease | **1hr** |
| | | Chapter 1 | Pathology Review by Edward Goljan | **1hr** |
| | ➢ **Inflammation** | Chapter 3-4 | Robbins Pathologic Basis of Disease | **1hr** |
| | | Chapter 2 | Pathology Review by Edward Goljan | **1hr** |
| | ➢ **Hemodynamics** | Chapter 5 | Robbins Pathologic Basis of Disease | **1hr** |
| | | Chapter 5 | Pathology Review by Edward Goljan | **1hr** |
| | ➢ **Nutrition** | Chapter 10 | Robbins Pathologic Basis of Disease | **1hr** |
| | | Chapter 6 | Pathology Review by Edward Goljan | **1hr** |
| | | | **TOTAL TIME** | **8hrs** |

**Please Note:** Considering the extend of Pathology coverage on USMLE 1 it is recommended that this subject is studied in depth a lot more than what is provided in one review book alone. Corresponding chapters of Robbin's Pathology Textbook are mentioned in this schedule however, should the student feel the need to concentrate on one source only it should be said that no one review source is usually ample coverage of all the material in Pathology.

# Day 29 – Continue Pathology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **General Pathology** | | | |
| | ➢ **Genetics** | Chapter 6, 11 | Robbins Pathologic Basis of Disease | **3hr** |
| | | Chapter 7 | Pathology Review by Edward Goljan | **1hr** |
| | ➢ **Neoplasia** | Chapter 8 | Robbins Pathologic Basis of Disease | **2hr** |
| | | Chapter 9 | Pathology Review by Edward Goljan | **1hr** |
| | | | **TOTAL TIME** | **7hrs** |

# Day 30 – Continue Pathology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Systemic Pathology** | | | |
| | ➢ **Cardiovascular** | Chapter 12,13 | Robbins Pathologic Basis of Disease | **3hr** |
| | | Chapter 10 | Pathology Review by Edward Goljan | **1hr** |
| | ➢ **Lungs** | Chapter 16 | Robbins Pathologic Basis of Disease | **2hr** |
| | | Chapter 11 | Pathology Review by Edward Goljan | **1hr** |
| | ➢ **Blood** | Chapter 14 | Robbins Pathologic Basis of Disease | **2hr** |
| | | Chapter 12 | Pathology Review by Edward Goljan | **1hr** |
| | | | **TOTAL TIME** | **9hrs** |

# Day 31 – Continue Pathology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Systemic Pathology** | | | |
| | ➢ **Lymph and Spleen** | Chapter 15 | Robbins Pathologic Basis of Disease | **1hr** |
| | | Chapter 13 | Pathology Review by Edward Goljan | **1hr** |
| | ➢ **Immune** | -- | Robbins Pathologic Basis of Disease | **--** |
| | | Chapter 14 | Pathology Review by Edward Goljan | **2hr** |
| | ➢ **Gastrointestinal** | Chapter 18 | Robbins Pathologic Basis of Disease | **1hr** |
| | | Chapter 15 | Pathology Review by Edward Goljan | **1hr** |
| | ➢ **Liver, Gallbladder, Pancreas** | Chapter 19,20 | Robbins Pathologic Basis of Disease | **2hr** |
| | | Chapter 16 | Pathology Review by Edward Goljan | **1hr** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 32 – Continue Pathology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Systemic Pathology** | | | |
| | ➢ **Kidney, UT, Male GT** | Chapter 21-23 | Robbins Pathologic Basis of Disease | **2hr** |
| | | Chapter 17 | Pathology Review by Edward Goljan | **1hr** |
| | ➢ **Breast, Female GT** | Chapter 24, 25 | Robbins Pathologic Basis of Disease | **2hr** |
| | | Chapter 14 | Pathology Review by Edward Goljan | **2hr** |
| | ➢ **Endocrine** | Chapter 26 | Robbins Pathologic Basis of Disease | **2hr** |
| | | Chapter 19 | Pathology Review by Edward Goljan | **1hr** |
| | | | **TOTAL TIME** | **10hrs** |

# Day 33 – Continue Pathology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Systemic Pathology** | | | |
| | ➢ **Musculoskeletal** | Chapter 19 | Robbins Pathologic Basis of Disease | **2hr** |
| | | Chapter 20 | Pathology Review by Edward Goljan | **1hr** |
| | ➢ **Skin** | Chapter 27 | Robbins Pathologic Basis of Disease | **1hr** |
| | | Chapter 21 | Pathology Review by Edward Goljan | **1hr** |
| | ➢ **CNS, eye** | Chapter 30,31 | Robbins Pathologic Basis of Disease | **2hr** |
| | | Chapter 22 | Pathology Review by Edward Goljan | **1hr** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 34 – **Pathology Assessment – Day 1**

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Pathology Assessment** | 50% of all Pathology Questions | Qbank – Kaplan http://www.kaplan.com | **8hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 35 – **Pathology Assessment – Day 2**

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Pathology Assessment** | Remaining 50% of all Pathology Questions | Qbank – Kaplan http://www.kaplan.com | **8hrs** |
| | | | **TOTAL TIME** | **6hrs** |

# Day 36 – Begin Pharmacology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Pharmacokenetics** | Chapter 1-2 | Lippincott's Illustrated Review | **2hr** |
| **2** | **ANS Drugs** | Chapter 3-7 | Lippincott's Illustrated Review | **6hr** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 37 – Continue Pharmacology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **CNS Drugs** | Chapter 8-15 | Lippincott's Illustrated Review | **8hr** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 38 – Continue Pharmacology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Cardiovascular Drugs** | Chapter 1-2 | Lippincott's Illustrated Review of Pharmacology | **8hr** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 39 – Continue Pharmacology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Respiratory, GI and other drugs** | Chapter 22-27 | Lippincott's Illustrated Review of Pharmacology | **8hr** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 40 – Continue Pharmacology Review

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Chemotherapeutics** | Chapter 28-38 | Lippincott's Illustrated Review of Pharmacology | **8hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 41 – **Pharmacology Assessment – Day 1**

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| **1** | **Pharmacology Assessment** | ALL Pharmacology Questions | Qbank – Kaplan http://www.kaplan.com | **8hrs** |
| | | | **TOTAL TIME** | **8hrs** |

# Day 42 – **Pharmacology Assessment – Day 2**

| # | Goal | Assignment | Source | Time Estimate |
|---|---|---|---|---|
| 1 | **Continue with Remaining Questions** | ALL Pharmacology Questions | Qbank – Kaplan http://www.kaplan.com | **3hrs** |
| | **OR** | | | |
| | **Review First Aid Pharmacology** | Pharmacology Section | First Aid for the USMLE Step 1, 2002 | **4hrs** |
| | | | **TOTAL TIME** | **7hrs** |

---- *End of Schedule* ----